

Influence of Metabolic Syndrome on the Course of Osteoarthritis

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Abstract: In today's article, many people consider metabolic syndrome to be a common diagnosis, but in fact, it is a very serious disease.

Key words: metabolic syndrome, development of diseases, infarction from atherosclerosis, stroke, kidney failure, cancer, overweight and high blood pressure.

Many people think of metabolic syndrome as an old-fashioned diagnosis, but in fact, it is a very serious disease. Why is this cash register dangerous? Because it can lead to the development of many serious diseases - atherosclerosis, heart attack, stroke, kidney failure, cancer, and the most common - the risk of diabetes increases many times. Fortunately, these problems can be prevented if you take care of them in time.

Time should not be missed.

Metabolic syndrome is characterized by a combination of 4 symptoms:

Excess weight;

High level of cholesterol in the blood (total cholesterol is higher than 5.2 mmol / l);

Hypertension (tonometer often shows 140/90 mm Hg or more);

Insulin resistance is a decrease in the sensitivity of cells to the insulin hormone, which leads to an increase in blood glucose levels and the development of type 2 diabetes.

If you have at least 2 of these symptoms (for example, being overweight and high blood pressure), get your blood sugar and cholesterol checked. Are they tall? Don't delay a visit to an endocrinologist and cardiologist! But even if the biochemical indicators are normal, check them every six months. It helps to notice that something is wrong in time and start treatment in time. Metabolic disorders are formed long before the obvious symptoms of diabetes and atherosclerotic vascular damage. The pathological process often begins at a young age, especially with a sedentary

lifestyle, a very high-calorie diet, and excess weight. And this syndrome is diagnosed not only in women over forty, but also in women aged 20-35. The reason is pregnancy and childbirth, which is a serious test of metabolism. Have you noticed that women often gain weight after giving birth? This is not a natural process, but a sign that they are developing a disease called peripheral neuroendocrine syndrome (PNES). In fact, this is a special case of metabolic syndrome.

Therefore, if you gain more than 12 kg of weight during pregnancy and this condition increases again after childbirth, consult a gynecologist-endocrinologist. The doctor helps regulate metabolic and endocrine processes. At the same time, men who are actively gaining weight should also undergo medical supervision.

Measure your waist circumference

Obesity does not always lead to metabolic syndrome! In order to assess your own risk of developing obesity, it is important to know not only your weight and body mass index, but also exactly where the fat is stored in the body. First of all, the risk group includes those fat accumulations that are mainly accumulated in the abdominal cavity and are located around the internal organs. According to scientists' calculations, with apple-type obesity, the risk of type 2 diabetes increases 6 times, and the probability of developing hypertension increases 4 times. But that's not all! Such people have a significantly increased risk of developing bronchial asthma. The risk of spine and joint diseases also doubles due to metabolic causes. Measure your waist circumference correctly to assess your risk of developing metabolic syndrome. Stand upright, do not pull in the abdomen, and pull the tape measure along the convex point of the abdomen at the level of the navel. Is it more than 80 cm (the norm for men is 94 cm)? You are in danger! If the pressure rises at the same time, if there are patients with diabetes and hypertension in the family, get a medical examination. moves. With this lifestyle, it's no surprise that many people develop metabolic problems that lead to insulin resistance and metabolic syndrome. Is there any way to prevent this? Of course! Exercise at least 2-3 hours a week. In this way, excess fat will disappear and your body will feel young and full of energy: after all, it sees physical inactivity as a long-term disease or premature aging and adjusts the metabolism accordingly. Eat more plant-based foods. It fills a large stomach, gives a feeling of satiety, but at the same time it is low in calories.

Eat often, but little! If you do, small portions will have an effect: your metabolism will shift from fat-sparing mode to fat-burning mode. Many, on the contrary, try to eat less than three times a day, for example, to reduce the energy value of the diet by a third. There are a number of factors related to the human lifestyle that cause excess weight. The following material talks about such factors.

Insomnia

There is a concept of circadian rhythms in the scientific field of "chronobiology". The main thing is the sleep rhythm. It is controlled by the chronohormone melatonin. When it decreases, the quality of night rest will automatically decrease. As a result, sleeping late disrupts the process of fat metabolism in the body. This leads to hormonal and eating disorders. When we sleep, the breakdown of fat, which is necessary for the brain's night work and the body's self-renewal processes, takes place.

Eating at the wrong time

Each organ has a maximum and minimum activity time. The best time for stomach work is from 7:00 to 8:30. Why? During this period, all enzymes that break down carbohydrates, fats and proteins are produced. It's important to follow this recommendation because it will have a positive effect on your health and even your weight! Food taken in this hour and a half is actively digested and gives energy. The worst time to eat is between 19:00 and 21:00. The stomach "beats" with everything you eat. Eat dinner between 17:00 and 18:30 and watch for weight loss.

Stress

When we are in a good mood, we have a normal hormonal background. Blood contains serotonin, dopamine and endorphins. But if a person experiences stress, then the cells are mobilized. In this case, any nutrients are converted into fats and stored in "reserve". Therefore, try to refrain from eating at such a time! It is better to replace the pleasure of eating with the pleasure of art and thinking about pleasant things.

Genetics

Genetics play an important role in regulating body weight. Some of its changes are involved in metabolism, appetite regulation and fat storage. Therefore, they can significantly affect weight. With this, a person's tendency to obesity is determined. According to statistics, in 66 percent of cases, problems with extra weight occur due to heredity.

Eating habits

The number of calories an individual consumes per day directly affects weight. If he eats more food than the body needs to function, it will be stored as fat. The result is extra pounds. People who love highly processed foods that contain lots of sugar, salt, and fat are guaranteed to be overweight. A diet rich in fruits, vegetables, grains, legumes and protein products is also very beneficial for health. Also, bad eating habits - eating food quickly and not chewing the bite enough. With this, a person overeats. Practicing eating slowly, sensing hunger and fullness cues, and paying attention to portion sizes can help you eat well and manage your weight.

Diseases

Chronic diseases also affect weight. The most common condition is hypothyroidism, in which the thyroid gland does not produce enough hormones, leading to weight gain. The following diseases also play a role in this: hypogonadism (lack of sex hormones), polycystic ovary syndrome (PCOS) and hypercortisolism (increased cortisol levels).

Medicines

Some medications cause weight gain as a side effect. These include antidepressants, corticosteroids (hormones), oral contraceptives, antihistamines, and hypertension medications. Regular use of these drugs affects appetite.

Environment

Recent studies have shown that the environment, urbanization, and increasing socioeconomic status are among the causes of obesity. In areas with unfavorable climatic, geographical and financial conditions, the population has poor nutrition. First of all, there is a lack of complete

protein in the diet, a number of vitamins and minerals, as well as insufficient consumption of foods rich in fiber. Such areas are supplied with high-calorie foods, which, together with a sedentary lifestyle, affects weight gain.

Working at night

Night shift

work can also disrupt the body's natural circadian rhythm. This leads to changes in the level of hormones and metabolic processes, affects appetite. At unknown hours, people eat high-calorie foods, which leads to excess weight.

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